

Journal Through It

From “Oh \$#@!” to “I’ve got this!” in 30 Days.

Journal Through It Action Plan

Establish hierarchy of needs



Gather background information



Use resources and test remedies



Reflect and reevaluate



Create a maintenance plan

Establish hierarchy of needs

Make a list of everything that's happening in your life. Circle the things you absolutely have to do. Focus on those. Cross off the things that can wait for later. Let go of the pressure of doing those. Pick 1 item to focus on right now, this is your Priority Task.

Gather background information

Grab your journal and write down everything you associate with your Priority Task. What feelings does thinking about it invoke in you? What history do you have with it?

Use resources and test remedies

Try various different journaling techniques to get to the core of your problems and issues surround your Priority Task. Try drawing out what a solution might look like. Break the Priority Task into easier to manage smaller tasks. Create a word cloud with everything you associate with the Priority Task. Doodle. Sketch. Word vomit. Try it all.

Reflect and reevaluate

Write down everything that's helping you overcome your fears and anxiety around your Priority Task. How can you hone your journaling practice to be even more beneficial? What else can you try that might help?

Create a maintenance plan

Make a list of the things you want to keep doing to help you with your Priority Task. Schedule hours to do them into your calendar. Ask a friend (choose someone who is loving and empathetic) to help you be accountable to getting it done.